**SUMMER TEAM**

**2014-2015 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/11/2014]**

**Ages:** **ALL** 5-older swimmers w/ability to swim 25 yards freestyle & backstroke and a minimum knowledge of how to perform breaststroke & butterfly

**Description:** Emphasis on proper development of the 4 competitive strokes by means of various stroke skills/drills that create an enjoyable atmosphere for learning.

**Practice schedule: May 01st thru Jul 31st**

Swimmer will be assigned to one of the HYCAT “Recreational/Develop-

Mental” Programs (refer to the specific HYCAT Program handouts for

additional practice details/info)

**Aug**

OFF OFF

**Attendance:** **NO** requirements

**Coaching Staff:** Erin Biron, HYCAT Head Recreational/Developmental Coach; 304-767-

8134; 304-357-4825; **scerin22@hotmail.com**

 Greg Olson, HYCAT Director/Head Coach; 304-357-4825; 304-415-

 3465; **golson@hycat.org**

**Swim Meets:** **Optional** attendance; recommend participation in HYCAT Novice Swim Meets and HYCAT home sponsored swim meets

**Fee(s):** $160.00/May-Jul; ***or*** $125.00/Jun-Jul; ***or*** $90.00/Jul

***plus*** $040.00/seasonal USA Registration Fee [May thru Aug]

$060.00/annual HYCAT Membership Fee

**Stroke Clinics: ALL** HYCAT Stroke Clinics/Camps held on designated Saturdays from 10:10am-11:00am. Refer to separate schedule for details/info.

**Novice Meets:** **ALL** HYCAT Novice Swim Meets held on designated Saturdays from

 10:10am-11:45am except where indicate. Refer to separate schedule for

 details/info.

When joining the HYCAT Swimming Program, please pick-up the “new” member packet from Greg Olson, HYCAT Director. Please complete & return the required forms to the HYCAT Swimming.